EMOTIONAL STABILIZATION IN TIMES OF CRISIS

Simple, gentle methods that can help you when your feelings become too strong

Heike Richter

Important Note:

This brochure does not replace medical, psychological, or any other professional help.
All exercises are voluntary and are meant only for your own self-support.

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🌿 1. What is a crisis?

A crisis is not only something big and visible from the outside. A crisis is anything that takes away your feeling of being safe or standing on solid ground.

A crisis can be:

- when you suddenly have to leave everything behind
- when you lose someone
- when a relationship breaks apart
- when you experience violence
- when you are threatened
- when you see or hear something that shakes you deeply inside
- when you carry grief that feels too heavy
- when your everyday life falls apart
- when there is war around you
- or when you feel:

  "I cannot go on. I don't know what to do."

A crisis is there whenever your nervous system goes into alarm and you no longer feel safe – inside or outside.

And the most important thing:

You never have to justify your crisis.

If it is too much for you, then it *is* a crisis.

And you are allowed to receive support. You are allowed to find stability. You are allowed to discover ways that help you feel inner ground again – step by step.

This brochure wants to support you with that.

🌿 2. When feelings become too strong

In difficult times, the body and the emotions often react much more strongly than we are used to. Fear, restlessness, tension, trouble sleeping, or the feeling of being constantly on alert — all of this can happen when life becomes too much.

When the body experiences too much, it switches into a state where it wants only one thing: **to survive**. That is why some feelings suddenly feel bigger than usual. Faster. Stronger. Sometimes they come without warning. Sometimes they stay longer than we would like.

You might feel:

- a heart that beats too fast
- pressure in the body
- breathing that does not want to calm down
- thoughts that keep going in circles
- or the feeling that you have no ground under your feet

This can be very frightening. And it can feel as if you have lost control.

But please believe me:

These strong feelings do not mean that something is wrong with you.

They only show that your body is trying to protect you — with the tools it has.

When stress is high, when there is danger, when life is overwhelming, the nervous system becomes very active so that you are awake and ready.

It tries to keep you safe - even if this feels very uncomfortable inside.

And this is exactly where small, gentle steps can help:

- short exercises
- small movements
- a touch
- one slow breath
- a moment that belongs only to you

Nothing big. Nothing difficult.

Just simple ways to tell your inner system:

“You are not alone. Here is a little bit of calm.”

These small steps can help your nervous system to become a little clearer again, feel a little stronger again, and find a little bit of ground again.

Not all at once. Not perfectly.

But a beginning.

And sometimes that is exactly what a person needs in hard times: **a small beginning.**

🌿 3. Small steps that can help you right away

When feelings become too strong, a small step can sometimes make a big difference. Not because it solves the problem, but because it gives you a little bit of ground for a moment.

Here you will find some small things you can try at any time. You need no preparation, no special knowledge, and nothing except yourself.

These are only small steps. But sometimes that is exactly what a person needs in hard times.

3.1 Breathe out slowly

Do not breathe in first — breathe out first.

Let the breath flow out slowly and for a long time.
A long, calm out-breath can help your inner system release a little bit of tension.

3.2 Relax your jaw

When we are under stress — whether from fear, grief, uncertainty, or difficult life events — the body almost automatically tightens the jaw.

Many people do not even notice this.
But for the nervous system, this tension is a clear signal:

"I am in danger."

The good news is:
You can change this signal.
Very simply. Without words. Without effort.
Just with a small movement.

This is how you do it:

1. Let your lower jaw hang very gently.
2. Breathe out slowly.
3. Softly relax the muscles around your ears and temples.
4. Repeat this for a few slow breaths.

When the jaw relaxes, the brain receives a different message:

"I can let go a little. I am a bit safer."

This often relaxes not only the jaw, but also:

- the breathing
- the neck
- the shoulders
- the inner pressure

Many people clench or grind their teeth at night or during stress because the body is trying to release tension.

This small exercise can help make your system feel a little softer, calmer, and freer.

You can try it several times a day.
The body learns quickly.

3.3 Release tension through shaking

(neurogenic shaking)

You may have seen an animal escape from danger — a deer in the wild, an animal on the savanna, or even your own dog after a loud noise.

When the danger is over, many animals begin to shake. Not because they are still afraid, but because their body is releasing the extra tension.

This is a very natural way to return to more calm. We humans can use this too. It is called **neurogenic shaking** — but you do not need to remember this word.

You can lie down for this exercise, or you can do it while sitting. It works best when you are lying down.

Let your body shake very gently and then breathe out slowly. Everything is voluntary, very soft, without pressure.

A few seconds can be enough. It is only a small way to release tension.

You can find simple instructions for neurogenic shaking on the internet and on YouTube.

3.4 Simple energy exercises for more stability

There are gentle movements that can support your energy system, especially in times of stress, fear, or feeling overwhelmed.
Many people say that these movements help them think more clearly, feel more stable, and help the body calm down more easily.

These exercises became known, among others, through the American energy teacher **Donna Eden**.

She showed that stress, emotional strain, or fear can cause certain energy flows in the body to move out of their natural direction.

Some people describe this feeling as if something inside is "crossed" or "going the wrong way."

Through simple **crossing movements** and **gentle stroking movements**, the energy flow can become more balanced again. Many people feel that after these movements their body and mind become clearer, more ordered, and more resilient.

These movements help the body return to its natural direction — a direction that many cultures describe as strengthening and restoring.

A short note for understanding

Some of these words may sound unfamiliar at first or might seem “esoteric” to some people.

In reality, many fields — including neuroscience, kinesiology, and different body-based methods — use **crossing movements** to support how the two sides of the brain work together and to help stabilize the body.

Stress can disturb this natural cooperation. Through simple movements that connect the right and left side of the body, the system can return to a more natural balance.

Many people experience more clarity, more calm, and more inner strength through this.

The exercises in this chapter belong to the easiest and safest forms of these movements and can be done by anyone.

3.4.1 Crossing movements (Cross Crawl)

This movement helps the body reconnect the right and left side of the body and the brain and supports the energy system in finding balance again.

This is how you do it:

- Lift your left knee and touch it with your right hand.
- Then lift your right knee and touch it with your left hand.

Repeat this a few times — you can do it standing or sitting.

Many people feel more order, strength, and stability in their body afterward.

3.4.2 Shoulder-to-hip stroking

This movement is meant to support the flow of energy in the body by strengthening certain pathways and bringing the flow back into balance.

This is how you do it:

- Place your right hand on your left shoulder.

- Slowly stroke your hand diagonally across your body down to your **right hip**.
- Then place your **left hand on your right shoulder** and stroke down to your **left hip**.

A few gentle repetitions are enough.

Many people feel more calm, warmth, and a sense of being centered afterward.

3.4.3 If you would like to learn more

In her books and videos, **Donna Eden** shows many more exercises that can support the meridians and help bring the energy system into balance.

The full methods are more detailed and cannot be fully explained here. If you have access to the internet, you can search for them, for example:

- **"Donna Eden energy exercises"** or
- **"Donna Eden Cross Crawl"**

There are many free videos where you can clearly see how these movements are done.

5. Connecting with the Earth

(Grounding / Earthing)

If you have the possibility, it can be very helpful for your body to **stand or walk barefoot on the ground** as often as you can. Grass, sand, stone, or soil — all of these are fine.

The body releases excess positive electrical charge and takes in negative charge from the earth.
This can help bring balance to the system — and many people can feel this effect in their body.

Many people say that something inside them becomes calmer. The body feels supported again, and sometimes a quiet feeling arises:

"I am connected. I am standing."

Some people call this **earthing**.

If you would like to learn more about it, you can find simple videos on YouTube.

6. Finding calm through “holding the fingers”

(a simple finger exercise)

There is a very simple method that some people call “energy holding.” Others call it “Yin-Yin-Jutsu” or simply **“holding the fingers.”**

You do not need anything for this — only your hands.

Sit down. Take one hand and gently hold **one finger** of the other hand. Not tight. Just softly holding.

Breathe in and out slowly and calmly. Stay with this one finger until you feel a light pulsing there — sometimes very soft, sometimes a little clearer.

This pulsing is a sign that your body is responding, that something inside is starting to move.

Many people say that this method:

- feels calming
- releases inner tension
- makes the thoughts clearer
- supports the nervous system
- and brings the energy back into balance

You do not need to know anything or be able to do anything special. Just hold one finger, breathe, and notice.

Then you may change to the next finger — or you may stay with just one finger. Whatever feels right for you.

You can do this sitting, lying down, or standing, and you can stop at any time.

It is only a small step — but it is a very quiet and often very soothing one.

If you would like to see more about this, you can find videos online and on YouTube. You can simply search for the method.

These are not big techniques. They are small steps. But sometimes a small step is enough to find a moment of calm inside — and sometimes something new begins exactly there.

🌿 4. EFT: A method that can support you

EFT (Emotional Freedom Technique) is a method where you gently tap certain points on the body with your fingertips.

These points lie on lines that are known in many cultures as **energy lines** or **acupuncture meridians**.

The tapping is light, simple, and you can use it on your own at any time.

Many people feel that this gentle tapping can help when emotions become strong. It can calm the system, bring more clarity, or simply give a moment where you can breathe a little more freely inside.

You do not need to know anything special to use EFT. You do not have to remember complicated steps or sequences.

What tapping can do in the body

In different studies, researchers observed that gentle tapping can send a **signal of safety** to the body. There are signs that the **alarm center in the brain** — the part that reacts to danger and stress — can become calmer and less active.

Some studies also show that the stress hormone **cortisol** can decrease after tapping.

For many people, it feels as if the **inner alarm becomes quieter**: the breathing becomes easier, the thoughts become clearer, and the tension decreases a little.

This is not a promise. But it helps explain why many people feel calmer, more ordered, and a little safer after tapping.

A short note about research

EFT has been scientifically studied in several countries. There are also studies from **Bond University in Queensland (Australia)** that look at how tapping can affect stress, fear, and inner tension.

Today, many people use EFT for **self-help**, in **coaching**, or in **therapeutic settings**. For very severe or traumatic experiences, it is recommended to use EFT only together with a trained professional.

For everyday stress and strong emotions, however, EFT can be a **gentle method** that you can use on your own.

EFT has great potential — not as a promise, but as a **possibility** that you can explore at your own pace.

How tapping works in practice is shown in the next chapter with a small, simple exercise.

🌿 5. The EFT tapping points (explained in a simple way)

Before you use EFT, it helps to know where the tapping points are on your body.

You do **not** need to memorize them perfectly. You do **not** have to tap the exact spot. Being close to the point is completely enough.

Here are the most important points that are used in a simple tapping round:

1. Karate chop point (side of the hand)

On the outer edge of your hand, where the little finger begins. You gently tap this point with two or three fingers.

2. Eyebrow point

At the beginning of the eyebrow, right above the nose.

3. Side of the eye

On the side of the eye, on the bone. Not too close to the eye itself.

4. Under the eye

Directly under the eye, on the upper edge of the cheekbone.

5. Under the nose

The point between the nose and the upper lip.

6. Chin point

In the small hollow between the lower lip and the chin.

7. Collarbone point

Just below the collarbone, a little to the side. You can also tap here with the flat hand.

8. Under the arm

About a hand's width below the armpit, on the side of the body. (Women can use the bra line as a guide.)

9. Top of the head

Right on the top of the head, the highest point, where many hairs meet.

The order of one tapping round

1. Karate chop point
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin point
7. Collarbone point
8. Under the arm
9. Top of the head

You do not need to follow this order strictly. It is only a guide. Even gently tapping just one or a few points can already be helpful.

An additional note

If you have the possibility to watch a video, you can also see the exact location of the tapping points there. I have published a short video on YouTube where all the points are clearly shown.

In German:

In English (synchronized version):

You can use the video if you like — but everything you need is also explained in this brochure.

🌿 6. A small exercise to begin with

This is a small exercise to help you try tapping for yourself. It is easy, it takes only a few moments, and you can do it at any time. You need nothing more than your hands and a few breaths.

1. Take a moment for yourself

If possible, sit down. Breathe out slowly once. You do not need to feel anything special. Just take a small moment to arrive.

2. Choose a feeling

Ask yourself quietly:

"What is hard for me right now?"

It can be fear, restlessness, a heavy thought, pressure in the body, or simply the feeling:

"Everything is too much."

You do not have to name it clearly. You do not have to explain it. It is enough that you know it is there.

3. Place one hand on your chest

Before you start tapping, gently place one hand on your chest. Breathe out once. This helps your body prepare for the next movement.

4. Begin tapping

Now tap very gently with two or three fingertips — really gently — on one tapping point.

We begin with a point that everyone can reach easily:

👉 the **side of the hand**,

where the little finger begins.

Tap there slowly and softly for a few breaths.

If you like, you can say quietly inside:

"Even though I feel this way,
it is allowed to become a little lighter now."

This is not about doing it perfectly. It is only about tapping and breathing.

5. Change to another point

Next, you may choose a point that many people find very calming:

👉 the point **just below the collarbone**, a little to the side of the center of the chest.

Continue tapping gently there. Breathe out.

Notice if your body becomes a little softer or if your breathing becomes a little easier.

It does not have to feel good right away. Everything is okay, exactly as it is.

6. End the exercise with one breath

When you want to stop, place both hands briefly in your lap or on your chest and breathe out once.

That is all.

A small exercise that sometimes creates a little more space in a moment that felt tight before.

🌿 7. An EFT tapping round for more lightness

There are times when everything feels heavy. So heavy that sometimes you do not know how to go on. Uncertainty, not knowing what will happen, feeling hopeless — all of this can feel like a stone on your chest.

Sometimes it feels as if the ground is slipping away beneath your feet, as if you no longer have a safe place inside yourself. I know this heaviness. I know how it can press down on everyday life, how it can make every thought feel heavy, and how it can make life feel narrow and tight. And that is exactly why I know how valuable **one small moment of inner lightness** can be.

In such times, lightness does not mean losing your grounding. Lightness means finding a little bit of space again — one breath, a small relief, a feeling that carries you for a moment.

This tapping round is here to help you give yourself **a small piece of lightness**. Only as much as is possible right now. One step. One breath. One moment.

This tapping round is intentionally trauma-sensitive

This means:

- You do not have to feel anything.
- You do not have to think about anything.
- You do not have to touch anything that feels painful.
- You do not have to find words for what feels heavy.
- You do not have to observe your feelings.

All you need is one breath — and the permission to let things feel a little lighter.

You always decide the pace.

If anything feels uncomfortable, you simply leave it out and tap only the points very gently.

Preparation

Breathe out slowly once. That is all.

Then say quietly inside:

"I am allowed to do this at my own pace."

Nothing more is needed.

🌿 Round 1 – Creating more space

Starting point – Side of the hand (karate chop point)

Gently tap the side of your hand (the area below the little finger).

Say, very calmly:

"Even though I feel this way right now,
I am doing something that can help me."

That is completely enough. You do NOT have to go deeper. You do NOT have to know exactly what is going on. You are here — and that is enough. Breathe out.

Eyebrow point

Gently tap the point at the start of the eyebrow. Say: *"A small moment for me."*

Breathe out.

Side of the eye

Tap the point on the side of the eye, on the bone. Say: *"I am here."* Breathe out.

Under the eye

Tap the point under the eye. Say: *"One breath."* Breathe out.

Under the nose

Tap between the nose and the upper lip. Say: *"Just this moment."* Breathe out.

Chin point

Tap between the lower lip and the chin. Say: *"I make this a little lighter for myself."* Breathe out.

Collarbone point

Gently tap under the collarbone.

Say*: "It is allowed to become a little lighter."* Breathe out.

Under the arm

Gently tap at the side under the armpit. Say: *"I go slowly."* Breathe out.

Top of the head

Tap the highest point of the head very gently. Say: *"I am here. That is enough."* Breathe out.

To finish, place both hands briefly on your chest or your belly, or place one hand on your arm if that feels better.

Breathe out calmly once. That is all.

🌿 Round 2 – Creating more space

This second round is a little lighter, a little more open, a little more breathing — still very gentle.

Starting point – Side of the hand

Tap gently.

Say, very calmly:

"Even though there is still heaviness, I now allow a little more space." Breathe out calmly.

Eyebrow point

"A moment in my body."

Side of the eye

"I go step by step."

Under the eye

"Maybe it becomes a little lighter."

Under the nose

"I am allowed to go at my own pace."

Chin point

"I do not have to force anything."

Collarbone point

"A little space is enough."

Under the arm

"A moment to breathe."

Top of the head

"I am slowly arriving inside myself."

Breathe out. Place your hands briefly on your chest or your belly.

🌿 Round 3 – Inviting hope

This third round is like a small ray of light. Not bright. Not loud. Just a quiet, real light of hope that finds its way, even when much feels dark.

And if you cannot feel hope right now, if you see no light, or if you can hardly say the words — that is completely okay.

Sometimes hope feels so far away that we can barely touch it. Then you may simply **think** it. Or hold it only as a quiet idea.

Sometimes you cannot speak a sentence, but you can think it. And if you tap a little bit each day, maybe one day the moment will come when saying the words becomes possible again.

Everything at your own pace.

Starting point – Side of the hand

Tap gently.

Say, very calmly:

"Even though there is still heaviness, I now open a little for hope."

Breathe out.

Eyebrow point

"A quiet spark of hope."

Side of the eye

"A light that does not push me."

Under the eye

"A light that is simply allowed to be."

Under the nose

"I allow myself one small moment of hope."

Chin point

"Only as much as is possible today."

Collarbone point

"Hope is allowed to touch me."

Under the arm

"Maybe very softly, very gently."

Top of the head

"A small light inside me."

Breathe out. Place your hands on your heart or your belly — just for one breath.

Changes can happen suddenly, but sometimes they come slowly, step by step.

If tapping becomes a small part of your daily life, a quiet routine in your day, and maybe even reaches the people around you — if you tap together and pass it on quietly from neighbor to neighbor — then hope can grow from this… very quietly and gently…

🌿 8. Where you can find more help and information

You can find this brochure in its original version and in several languages as a free download in the Internet Archive. There you can also find free short EFT tapping guides for different life situations — in German and in English.

QR code to the **Internet Archive**:

"EFT mit Heike"

I also have a **bilingual website (German / English)** where you can see who I am, what is important to me in life, and in which topics I have experience. This may help you get a feeling for the person who wrote these words for you.

QR code to the **website "Heike Richter"**:

On my **German YouTube channel**, you can also find **free EFT videos**. Many of them have subtitles that can be automatically translated into many languages, so you can understand the content more easily and try some exercises.

YouTube: "EFT mit Heike" (German)

Step by step, there will also be more **English videos** on my still quite new YouTube channel:

YouTube: "EFT with Heike"

(English, still growing)

All of this is voluntary.

Just take what feels good for you.

EFT as hope – here you can learn to tap

About every two months, I offer a **free basic EFT session for times of crisis** via Zoom.

In this session, I explain the basics of EFT in a way that is **safe and suitable for people in difficult life situations**. It is **not a course and not a training** — it is a simple, gentle introduction, so that you can later try the method on your own, in your own rhythm and in your own time.

I will hold this session in **German** and — as well as I can — also in **English**. You do **not** need to speak my language to join, because Zoom offers **automatic subtitles**. You can choose the language that you understand best.

I open the Zoom room a little earlier so that you can arrive calmly and we can check together if the subtitles work and if you find everything you need.

If you have questions, you can write them in the chat — before or during the session. I will help as well as I can.

The dates are announced on my **Facebook page "Heike Richter"**, where you can also easily find the Zoom link.

Passing this hope on – especially in crisis regions

If you take part in a basic session and something is helpful for you, it can be good to make **small notes** — on paper or on your phone — so that you can find the exercises again later or pass them on to others.

You can also **listen together in a group**, if one person opens the link and several people sit in front of the screen. In this way, many people can benefit at the same time.

Or one person listens, learns the exercises, and then quietly passes them on — *carefully, gently, from person to person*.

My Zoom room can hold **up to 99 people**. At the end, there is time for questions.

Everything is simple.

Everything is understandable.

Everything is meant for every human being.

🌿 9. Closing thoughts

Perhaps you have found something in this brochure that has strengthened you a little inside.

Maybe it was a sentence, a touch, or simply the thought that **there are ways that can lead you back to more calm — step by step**.

You do not have to do anything perfectly. You are allowed to simply try what feels good for you.

Sometimes a **small moment of stillness**, one breath, one simple movement is enough to feel:

"I am still here."

If you like, stay connected with me — on Facebook or YouTube under **"EFT mit Heike."** There you will find new impulses, videos, and information about the free basic EFT sessions.

From my heart, I wish you that you will find paths that bring you back to yourself again and again — in the middle of everything that surrounds you.

With warm regards, **Heike.**

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Legal Information (Germany)

Heike Richter

c/o COCENTER Koppoldstraße 1

D-86551 Aichach

Email: eftwithheike@aol.com

Responsible for the content of this brochure: Heike Richter

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